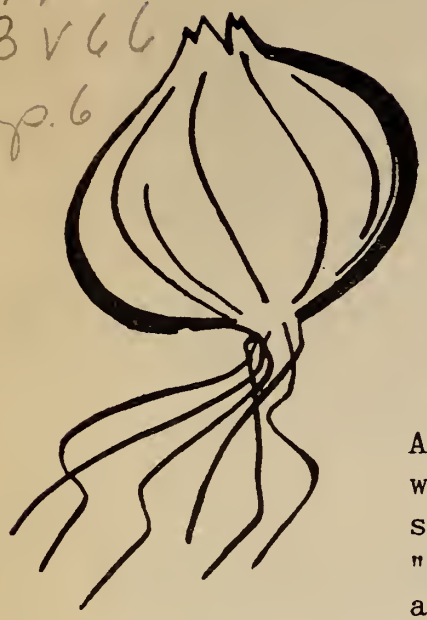
Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.942
F3V66
cop.6



ONIONS MAKE A DIFFERENCE-

LIBRARY
CURRENT SERIAL RECORD
APR 12 1945
U. S. DEPARTMENT OF AGRICULTURE

Ask any chef, if you dare, how he'd like to get along without the onion for his menus and for many of his special recipes! At the very least he'll tell you that "onions make a difference." Their flavor enriches many a tasty dish, and even alone they are a source of delight to the gourmet. From the onion soup of the epicure to the "hamburger and.." of all America the onion was sorely missed a year ago when supplies were short. A record crop this year gives promise of sufficient supplies of this flavorful member of the lily family (yes, the lily family!) if consumers will help out on the storage problem by purchasing an extra supply of onions now.

Why Should Consumers Buy and Store Onions Now?

If we have a record crop this year (and it is reliably estimated that we do) why should consumers buy and store more onions now? Won't there be more than enough to go around? The answer to this, strange as it may seem, is "No!" "No" unless consumers help with the storage problem. Government requirements for onions are heavy and will take more of the crop than last year. They should leave for civilians just about enough for normal use, providing places can be found to store them. But storage space is limited--unless consumers store at home more heavily than usual, there may be no place to keep the onions now on the farm and they may spoil. So it's store now to protect next spring's supply--store now or risk actual shortage later on!

Farmers have worked long and hard under difficult conditions of labor and other shortages to produce this record crop. They've done their part--now it's up to the consumers. And the answer is really simple and easy--just buy and store an additional supply of onions during the period that they have been designated as a Victory Food Selection--the peak harvest period, from September 21 through October 7.

A VICTORY FOOD SELECTION

September 21 through October 7

The ideal time to buy and store onions for countless uses during the winter months.

ALL STATES AND THE DISTRICT OF COLUMBIA

Storing is Simple!

The observance of a few simple rules will make the storing of onions at home both simple and easy. Home storage will assure the housewife of an adequate supply for the next few months. It will also mean that more space will be available in commercial storage for the onions the housewife will want next spring.

How to Store Onions at Home:

For satisfactory home storage over a period of several months:

1. Select good, fully dried onions.

2. Keep in a dry place. This is most important. Humidity may cause onions to root.

3. Keep at temperatures as near to freezing as possible, but do not permit to freeze. Onions store satisfactorily at from 32 to 55 degrees. They may tend to sprout if storage space is too warm.

4. Provide free circulation of air. Never pack closely in a closed container. Spreading out helps.

A pantry or attic is usually superior to a cellar for storing, as cellars are often damp. Spreading out on a screen placed overhead in a garage or on a back porch or other such place is a good way to keep them if temperatures remain above freezing.

How to Select Good Onions for Storage:

Onions must be dry to store and keep well. When buying, look for bright, clean, hard onions with dry skins. Examine the stem end. Moistness here may mean that the onion is rotten inside. Brown stain on the outside layers of skin does not of necessity mean that the onion is injured or bad if it is hard and dry. Much of this stain will disappear when the outer layers are peeled off. Misshapen onions are sometimes wasteful to prepare, but otherwise are perfectly edible.

FAVORITE ONION RECIPES

Tested in laboratories of the Bureau of Human Nutrition and Home Economics

Onion Soup

6 medium-sized onions, chopped fine
2 tablespoons fat
1 pint boiling water
1 quart meat broth
4 tablespoons flour
4 tablespoons cold water
Salt and pepper to taste
Toast
Cheese, finely grated

Cook the chopped onions in the fat until yellow, add to hot water and simmer for 20 minutes, or until tender. Add the meat broth. Blend the

flour and cold water, add some of the hot liquid, mix well, stir into the soup, and boil for a few minutes. Add the salt and pepper. Pour the soup into bowls, place on top a slice of toasted bread, sprinkle with cheese, if you like, and serve at once.

Fried Onions and Apples

Melt 3 tablespoons of fat in a heavy pan, add 1 quart of sliced tart apples and 1 pint of sliced onions. Cover and cook slowly until nearly tender. Stir frequently to prevent scorching. Remove the cover, sprinkle with a little salt and sugar, and continue cooking until they are lightly browned. Serve at once.

Buttered or Creamed Onions

Skin the onions and if very large size, cut in half. Cover with lightly salted boiling water and simmer. To prevent strong flavor and dark color, do not cover and do not overcook. Drain and season to taste with salt, pepper, melted butter, and chopped parsley if desired.

For creamed onions, after draining pour over the cooked onions a white sauce of medium thickness and sprinkle with paprika.

Stuffed Onions

5 or 6 large onions
½ cup chopped vegetable
2 tablespoons chopped parsley
3 tablespoons fat
2 cups bread crumbs
1 teaspoon salt
Pepper

Skin the onions, cut in half crosswise, simmer in salted water until almost tender, and drain. Remove the centers without disturbing the outer layers and chop fine. Cook the vegetable and parsley in the fat for a few minutes, then add the bread crumbs, salt, pepper, and chopped onion. Fill the onion shells with this stuffing, and bake in a moderate oven for about 30 minutes, or until the onions are tender.

For a more hearty dish, chopped cooked meat or fish or baked beans may be used in the stuffing in place of most of the bread crumbs.

Scalloped Onions and Peanuts

Measure 3 cups of cooked onions, 1 cup of ground roasted peanuts, 2 cups of thin white sauce, 1 cup bread crumbs blended with a little melted fat. In a baking dish, make alternate layers of onions, peanuts, and sauce; top with bread crumbs. Bake in a hot oven (400° F.) 20 minutes or until crumbs are brown.

Stewed Onions and Tomatoes

Stew sliced onions with tomatoes, thicken with a little flour or stale bread toasted and broken into small pieces.

"Western" Sandwich

For a hearty "western" sandwich, beat 3 eggs. Add 3 tablespoons cold water and beat again. Brown ½ cup of chopped onion in 2 tablespoons of fat. Mix 1 cup of cooked finely chopped meat with the egg and water, and season with salt and pepper to taste. Add to the onion, stir and cook until the egg is set.

Other Good Sandwich Combinations

Onions and Peanut Butter
Onions and Egg
Onions and Chopped Meat
Onions and Catsup or Chili Sauce

SAUCE AND RELISH RECIPES

Chili Sauce

- 4 quarts (24 to 28 medium-sized) peeled and chopped tomatoes
- 2 cups chopped sweet red pepper
- 2 cups chopped onion
- 1 hot pepper, chopped
- 2 tablespoons celery seed
- 1 tablespoon mustard seed
- 1 bay leaf
- 1 teaspoon whole cloves
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 2 three-inch pieces stick cinnamon
- 1 cup firmly packed brown sugar
- 3 cups vinegar
- 2 tablespoons salt

Combine the tomatoes, sweet pepper, onion, and hot pepper. Put the celery seed, mustard seed, bay leaf, cloves, ginger, nutmeg, and cinnamon loosely in a thin, white cloth; tie top tightly; add to tomato mixture and boil until one-half original volume. Stir frequently to prevent sticking. Add the sugar, vinegar and salt. Boil rapidly, stirring constantly, about 5 minutes. Pack into clean, hot, sterile jars. Fill jars to top, seal tightly. Makes about 3 quarts.

Pepper-Onion Relish

- 1 quart finely chopped onion
- 2 cups finely chopped sweet red pepper
- 2 cups finely chopped green pepper
- 1 cup sugar
- 1 quart vinegar
- 4 teaspoons salt

Combine all ingredients and bring slowly to boil. Cook until slightly thickened. Pour into clean, hot, sterile jars. Fill jars to top; seal tightly.